

Second Mile



ECBH is a Local Management Entity (LME) for nineteen counties:

Beaufort

Bertie

Camden

Chowan

Craven

Currituck

Dare

Gates

Hertford

Hyde

Jones

Martin

Northampton

Pamlico

Pasquotank

Perquimans

Pitt

Tyrrell

Washington







What is Second Mile?



- **Comprehensive approach**
- **Integrates hope, empowerment, education, support , advocacy and supportive services**

What Does Second Mile Do?




- Gives people and their families hope that they can overcome mental illness or addiction.
- Empowers a person to approach their illness from a place of strength not defeat.
- Educates people about their illness or addiction and about the reality that Recovery is possible.
- Provides support to walk the extra mile with someone who has already walked it and understands the journey.
- Advocates through action to change old paradigms and create new ones, one person at time, one day at a time.

Second Mile is a part of everything that ECBH does to partner with people.



Wellness Cities

- **ECBH funds two wellness cities operated by Recovery Innovations, Inc.**
- **Funded with local county dollars**




Rural Outreach

- **Outreach and wellness, peer support and self-management classes also offered by Recovery Innovations, Inc.**
- **Funded with local county dollars**



Crisis Intervention Training

- **Crisis Intervention Training (CIT) for law enforcement in all 19 counties**
- **A new program also for dispatchers as part of a “system” approach**
- **Funded by local county dollars and in partnership between ECBH, Pitt County Sheriff’s Department and Recovery Innovations, Inc.**



Mobile Crisis

- **Mobile crisis in all 19 counties.**
- **ECBH Mobile crisis vendors respond in the community where people live, not in the hospital.**
- **ECBH and our Mobile Crisis providers also do education within the “system.”**
- **ECBH, through funding from the DMH/DD/SA, subsidizes the Mobile Crisis providers.**



Facility Based Crisis and Detox

- **Facility Based Crisis and Detox for SA**
- **ECBH has three FBC and Detox centers within our 19 counties.**



Inpatient Care

- ECBH purchases private public partnership beds from two hospitals and has a 3 way contract with 3 other facilities.
- State hospital for the ECBH area is Cherry hospital.
- Second Mile project includes changing the model at Cherry Hospital from a Medical Model to a Recovery Model of treatment.
- ECBH Second Mile Staff have been on campus at Cherry hospital since 2008 laying down the foundation. Trainings began in the summer of 2009.
- Staff are all people who have lived experience with psychiatric struggles or struggles with addiction.



- **Classes offered by Second Mile staff have become a part of the choices people can make to participate in while inpatient at Cherry hospital.**
- **Many people have had the opportunity to learn about Mental Health Recovery through staff outreach and through attending classes.**



Cherry Hospital

Cherry Hospital is a 274-bed inpatient psychiatric hospital serving the citizens of 36 eastern North Carolina counties.

They are operated by the state of North Carolina, the Department of Health and Human Services.

Second Mile

Recovery Education Staff

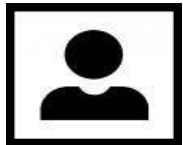


NC Certified Peer Support Specialists

WRAP Facilitators



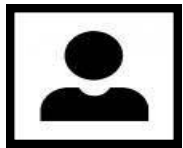
NCI Training



Clients Rights Training






**Cherry Hospital New Employee
Orientation**



Cultural Competence Training

NC Certified Peer Support Specialists

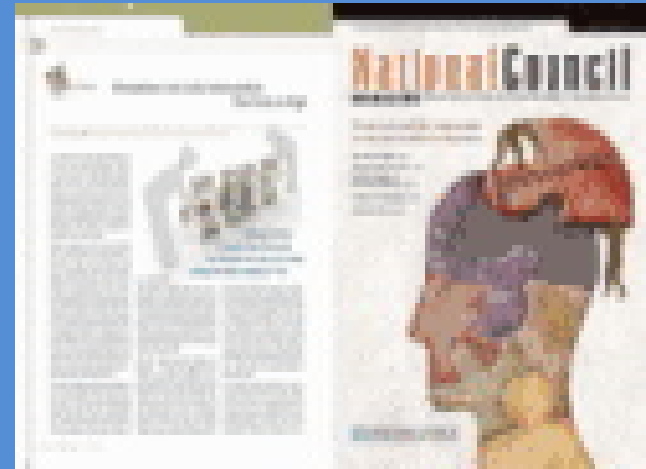
-  **self-identify** as having personal experience with psychiatric and/or addiction struggles and are in recovery
-  are **living examples** that recovery is possible and they **model recovery** in their lives
-  have completed a state approved training program and received **state certification**

<http://pss-sowo.unc.edu>

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From the Field



*Second Mile Offers Peer Support to Prevent
Rehospitalization*

www.thenationalcouncil.org

North Carolina Council Program of Excellence Award for 2009 - 2010





Second Mile Recovery Education Trainings

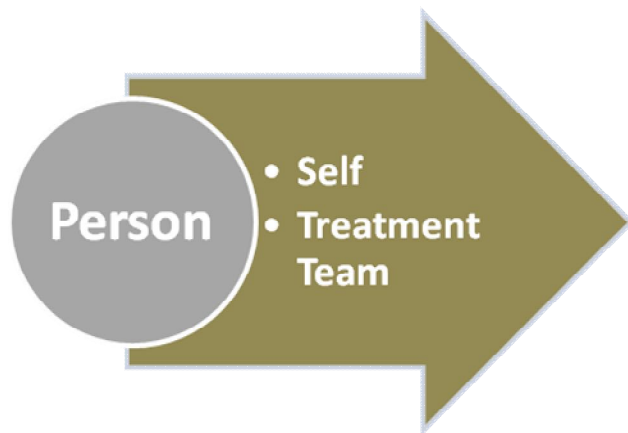
People Served

Professional Staff

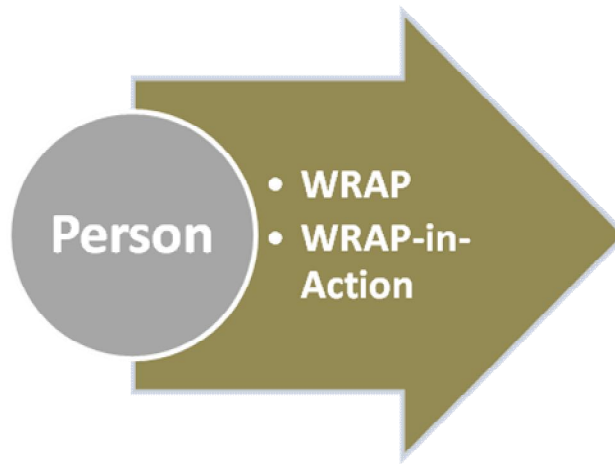
Health Care Techs

Private Providers/Community Partners

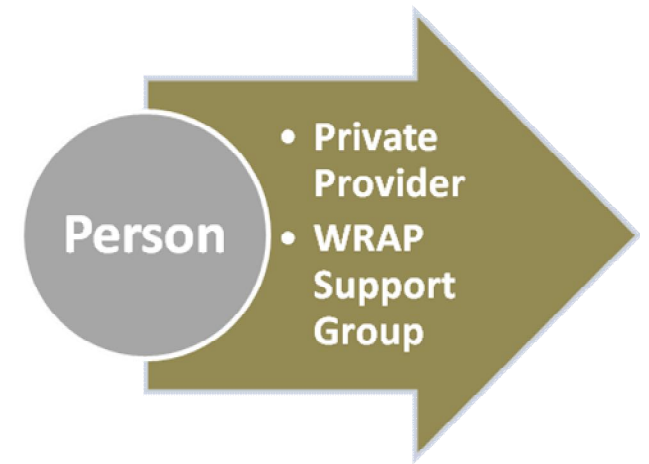
Referral Process



Treatment Mall

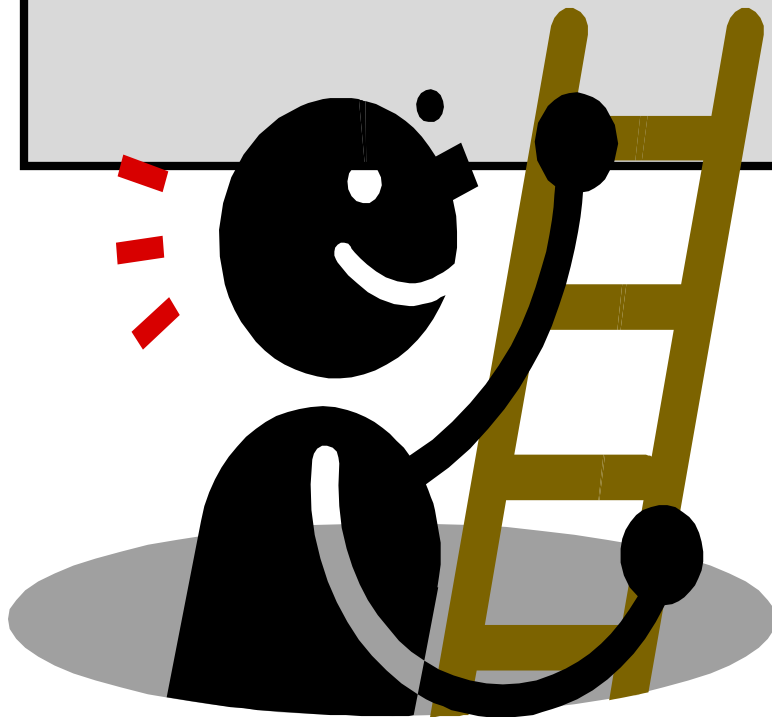


Discharge

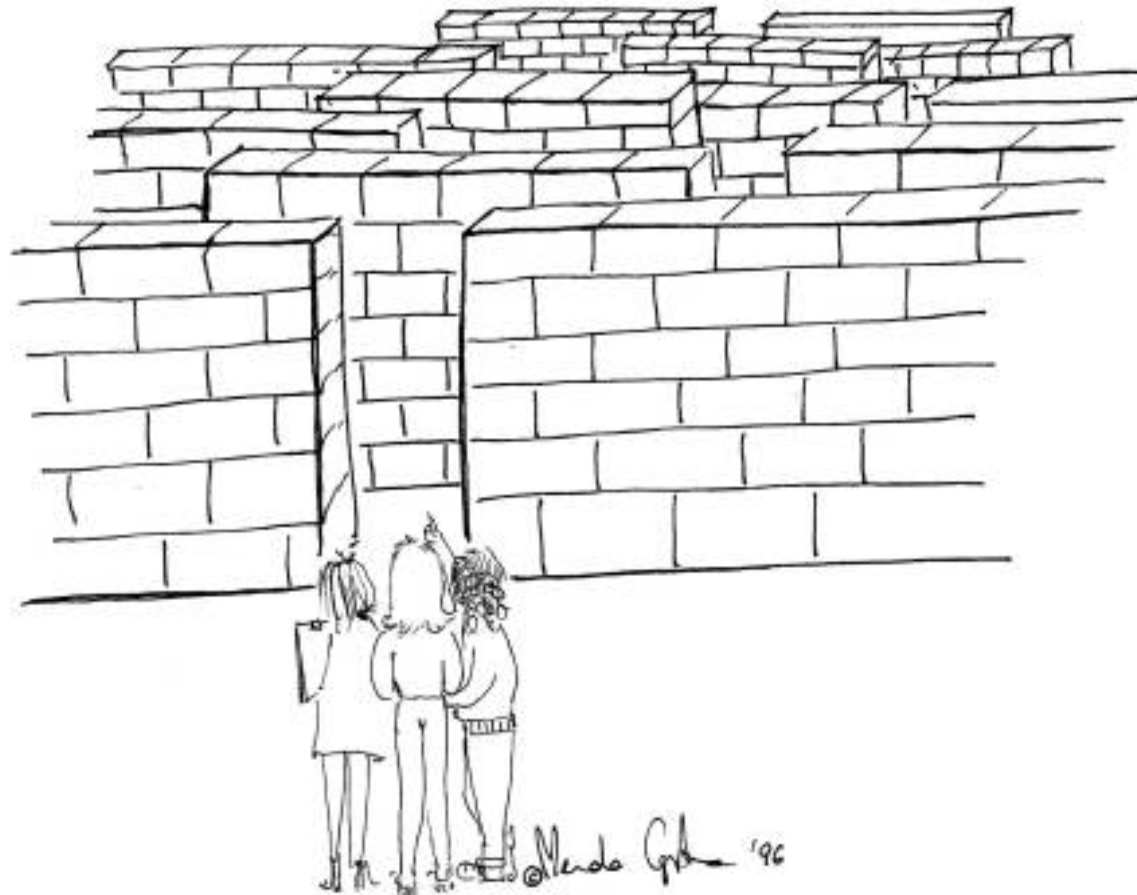


Science has shown that having **hope** plays an integral role in an individual's recovery.

New Freedom Commission, 2003



THE MENTAL HEALTH SYSTEM





After Care

- **ECBH has developed two approaches to after care.**
- **One is transitional housing which gives an individual a place to go to learn and practice skills for Recovery in a Recovery oriented environment.**
- **The second approach has to do with engagement. Many times the first engagement or appointment after hospitalization can be the most critical time for the person.**



Support Services

- **We connect people to needed traditional services.**
- **ECBH LME staff and Second Mile staff attempt to link individuals to support services and classes within the community.**

Thank you

